

Here's a handy list of items to help you pack. It's not exhaustive – and you can add/change items as you prefer.

<b>Things to do before you leave</b>	
Check the expiry date of your passport	
Get Visa(s)	
Get travel insurance	
Wash the dishes	
Pet Care	
Unplug electrical stuff	
Turn down (or up) the temperature in your home	
Empty all rubbish	
Confirm airline tickets	
Get your air miles in advance	
Memorise PIN codes to credit cards	
Change money or buy traveller's cheques	
Advise your bank that you are travelling overseas and where	
Install or recharge batteries	
Get maps	
Forward (or hold) delivery of newspapers and magazines	
Check with your doctor about immunisations	

<b>Clothes - General</b>	
Underwear	
Shirts	
T-shirts	
Shorts	
Socks	
Trousers	
Sweater – layers are good	
Hat - sun	
Comfortable walking shoes	
Sandals for warmer areas	
Smart casual clothes for evenings	

<b>Optional clothes</b>	
Belt	
Umbrella	
Swimming gear	
Pyjamas	
Scarf (although there are great pashminas in India!)	
Jewellery	
Clothes/hat for cold weather	
Gloves	

<b>Money and documents to bring</b>	
Passport	
Visa(s)	
Insurance policy documentation	
Cash	
Emergency money	

Credit/ATM cards	
Address list (with phone numbers and email addresses)	

<b>Optional documents</b>	
This packing list	
Photocopies of your passport and other important documents	
Spare photographs for visas/passports etc	
Addresses and phone numbers of embassies	
Pouch for valuable documents	
Tour itinerary	
Wallet	
Tickets	
Airline tickets	
Maps	
Books	
Guidebook	

<b>Things for packing</b>	
Small day pack	
Expandable carry-on bag	
Rubber-bands	
Plastic bags ( Ziploc )	
Suitcase – soft sided preferable	
Luggage belt	
Multi-tool / Folding knife – handy on trains for fruit etc	

<b>Miscellaneous equipment</b>	
Pens/pencil	
Earplugs	
Sunglasses	
Keys	
Safety pins	
Sturdy nylon cord ( Clothes line )	

<b>Hygiene</b>	
Toilet bag	
Razor	
Extra blades for razor	
Shaving gel	
Electric shaver	
Toothbrush	
Toothpaste	
Shampoo	
Deodorant	
Small Towel	
Sunblock lotion	
Contact lenses	
Container for contact lenses	
Lens cleaning liquid	
Extra glasses	
Make-up	

Comb	
Hair brush	
Clothes pegs ( Clothes pins )	
Fingernail clippers	
Moisturizer	
Q-Tips	
Tweezers	

<b>Health/First Aid (talk to your doctor)</b>	
Prescription medicine	
Adhesive tape	
Insect repellent	
Band-Aids/ Plasters	
Disposable syringes	
Pills, tablets and medicines	
Water purifying tablets	
Motion sickness tablets	
Pain killers	
Allergy pills e.g. anti-histamines	
Malaria tablets (as per your doctor)	
Diarrhoea medicine (Imodium)	

<b>Electrical stuff</b>	
Mobile Phone	
Charger for Mobile Phone	
Laptop	
Wall socket adapter	
Watch	
Torch	
Extra batteries for your equipment	

<b>Digital Camera equipment</b>	
Digital camera	
Memory cards	
Battery charger for camera	
Associated cables	
Camcorder equipment	
Camcorder	
Charger for camcorder batteries	
Video tapes	

<b>Generic photo equipment</b>	
Camera bag	
Music items	
Music player ( Cassette, CD, MiniDisc, MP3 )	
Headphones	